

## Physical Education Week 6!

Hello Everyone,

The Burpee challenge was a difficult one! I saw some videos of students working very hard! I want to focus on some skill work this week. I am going to share a video of a Physical Education teacher showing how to practice Basketball dribbling skills. A tennis ball, soccer ball, volleyball can all be used to practice these handling skills. I am going to share a challenge video, how many sets of 10 dribbles right/left can you do in one minute!

Stretch! Butterfly stretch, sit and reach your toes, jumping jacks, all for ten seconds.

Drink plenty of water, and take a good break in between sets.

Monday - Handling/Dribbling Skills, 10-20 push ups, 20-30 sit ups, run/play outside

Tuesday - Handling/Dribbling Skills, 10-20 Burpees, 20-30 mountain climbers, run/play outside

Wednesday - Handling/Dribbling Skills, 10-20 push ups, 20-30 sit ups, run/play outside

Thursday - Handling/Dribbling Skills, 10-20 Burpees, 20-30 mountain climbers, run/play outside

Friday - Handling/Dribbling Skills, 10-20 push ups, 20-30 sit ups, run/play outside

Remember Sets, you can start with one set, and if you feel like you can push yourself more you can try for 2 sets, maybe 3 sets.

I am sharing another Kindness 101 video with Steve Hartman, This week is all about Service.

I am also posting the Shape America May Calendar. Everyday has a challenge, and you can try and perform every challenge throughout the month.

Please fill out the EXIT TICKET at the end of the week. Exit tickets will be due on Friday 5/15/20.

Be safe, push yourself, and have fun!

-Mr. Romanowsky